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IDENTIFIERS	Resilience (Personality); Trauma

ABSTRACT

Recognizing the need to empower children experiencing difficulties in their everyday lives, this book presents activities for healing and recovery designed for classroom or small group use with children ages 3 to 10 years. The activities are intended to guide children into self-directed understanding and processing of experiences and memories, rather than to glean personal disclosures or gather information about children's experiences. The three chapters of activities--"Healing Play," "Healing Art," and "Healing Language Arts"--are designed to help children address personal issues of loss, separation, rejection, despair, frustration, anger, and powerlessness. Each of the 69 activities includes the issue addressed and purpose of the activity, and describes the procedures involved. Some of the activities include suggestions for implementation or extension. Four additional chapters discuss: (1) the impact of trauma on children; (2) the grieving process, including experiences that compound loss, separation, and grief; (3) healing from trauma and loss; and (4) building resiliency in children, including managing anger, stress, conflict, and fear. Each of these four chapters lists resource organizations and appropriate books for children. Appendices provide information on making referrals to community mental health services and list additional resources for teachers and parents and suggested children's books. (KDFB)

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